



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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FROZEN HALIBUT STEAKS ARE PLENTIFUL

Halibut steaks are plentiful and moderately priced this fall, according to reports from the Fish and Wildlife Service.

Halibut is delicious, and the frozen steaks are ready for your broiler or oven--no waste, no preparation, just thawing and seasoning. Baking or broiling are the favorite ways to cook this lean, white fish.

The halibut is a giant flounder of the northern seas. In Pacific waters, halibut reach weights of 150 to 200 pounds and a length of over four feet. Atlantic Coast halibut commonly grow to be 300 to 450 pounds and have been known to reach 700 pounds.

Here is a favorite recipe of the Service's home economists.

Broiled Halibut Steaks with Cheese

2 pounds halibut steaks
1 teaspoon salt
Dash pepper
 $\frac{1}{4}$ cup butter or other fat, melted
6 thin slices cheese

Cut fish into serving-size portions. Sprinkle both sides with salt and pepper. Place fish on a preheated greased broiler pan about two inches from the heat and brush with butter. Broil five to eight minutes or until slightly brown. Baste with butter and turn carefully. Brush other side with butter and broil five to eight minutes more or until fish flakes easily when tested with a fork. Cover fish with cheese and broil until cheese melts. Garnish and serve immediately. Serves 6.

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